

South Side Bites

Quick & easy, budget-friendly recipes



6
recipes +
gardening
tips

South Side Bites

The last two or three years have been a real roller coaster ride for many of us in our community. Food supplies we could once rely on have been hard to find and costs have been rising rapidly. Supermarkets have found it hard to maintain their supply lines and producers have been hit with adverse weather conditions damaging and destroying crops.

South Side Bites is all about finding ways to prepare meals on a tight budget with produce and pantry items most people already might have on hand or are easy to find.

In this short booklet you find 6 recipes. Three are for main courses and three are for cakes and treats. One of these is a vegetarian option. This could form a great starting point for many of us.

Some of these recipes have also been made into short videos to assist you in making the dishes your self.

Food security is an increasing issue in our communities. Guaranteeing a cheap food supply is more important than it has ever been. Following the recipes is a section on Food Security with some information on growing food in the tropics.

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Food Security

Food security is about having access to a sufficient quantity of affordable and nutritious food. Up until quite recently most of us have viewed this as an issue for countries in the developing world but is increasingly a problem for many countries throughout the world. With the impact of climate change supply lines and seasonal crops have been disrupted with the result that it can be difficult to obtain the goods and produce we once found easily.

There are alternative sources of produce available. For example there are often food stalls at local markets where produce grown locally is sold. This produce will be seasonal but it is a ready option. There are social media groups dedicated to crop swaps where you can swap produce you have grown yourself with others in the local area and there is always the opportunity for swapping of produce with neighbours.

With the importance of food security in mind we have included an article written by Rob Pyne about growing food in the tropics. This is a short and incredibly helpful article on fruit, vegetables and herbs that can readily be grown in the tropics.

Acknowledgement of Country

We acknowledge the traditional custodians of this land, and we pay our respects to the Elders past, present and future for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander people. We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people who are the future leaders.

“A delicious
casserole for
the whole
family”

Chicken & Broccoli Bake

Tip

Add a garnish of
basil & light dusting
of cracked pepper
before serving



50 minutes

Ingredients

- 1 Can** Cream of Chicken Condensed Soup
- 500g** Chicken Fillet
- Curry powder to taste
- 1** Broccoli head
- ½ Cup** Mayonnaise
- Shredded Cheese

Directions

- 1** Cut chicken into cubes or slices
- 2** Boil the chicken pieces
- 3** Cut Broccoli into florets
- 4** Combine soup, mayonnaise and curry powder to make sauce
- 5** Put boiled chicken and broccoli into an oven dish
- 6** Pour sauce over chicken and broccoli
- 7** Sprinkle cheese on top
- 8** Bake in oven pre-heated to 180°C (160°C fan-forced) for 20-30 minutes

& enjoy!

“This is an easy meal
to cook and will
serve 4-6 people”



Rich Mushroom & Lentil Ragu

Tip

Salt your water &
bring to the boil
before adding
your pasta



45 minutes

Ingredients

- 1 tbsp Olive oil
- 1 Onion, finely chopped
- 1 Clove of garlic, crushed or chopped
- 300g Flat mushrooms, finely chopped
- 400g Tin brown lentils, drained and rinsed
- Water
- ½ tsp Dried thyme
- 400g Tin chopped tomatoes
- 3 tbsp Tomato puree
- 1 Vegetable stock cube
- a good grinding of salt and pepper

Directions

- 1 In a large pan saute the onion and garlic until soft
- 2 Add the mushrooms and cook those until they are soft
- 3 Add the drained lentils, chopped tomatoes, thyme, water and tomato puree
- 4 Crumble in the stock cube and stir well
- 5 Leave it to cook for 25-30 minutes until the sauce is rich and thick.
- 6 While sauce is cooking boil water in a large pot and prepare pasta
- 7 Season the sauce with salt and pepper as desired
- 8 Serve on freshly cooked pasta

& enjoy!

“A delicious one pan meal for the whole family in 30 minutes”

Cheesy One Pan Mince Pasta

Tip

Add a garnish of basil & light dusting of cracked pepper before serving



30 minutes

Ingredients

- 1 Tablespoon Olive Oil
- ½ Onion (chopped)
- 2 Cloves of Garlic (crushed)
- 500g Beef Mince
- 1 tin Chopped Tomatoes
- ¼ cup Tomato Paste
- 1½ cups Beef Stock
- 1 tbsp Dried Mixed Herbs
- 1 tbsp Worcestershire Sauce
- 2 cups Dried Penne Pasta
- ½ cup Grated Mozzarella Cheese

Directions

- 1 Heat the oil in a large frying pan over a medium heat
- 2 Add the onion and garlic and cook for 2 minutes until fragrant
- 3 Add the mince beef and brown (about 5 minutes)
- 4 Add tomatoes, tomato paste, beef stock, mixed herbs and Worcestershire Sauce. Stir to combine
- 5 Reduce heat to medium/low, add the pasta and stir to combine
- 6 Cover and allow to cook for 15 minutes. Stir once during cooking
- 7 After 15 minutes remove the lid and check the pasta is cooked. If it needs more time cook for an extra 2 or 3 minutes
- 8 Sprinkle the cheese on top and cook for another 2 minutes until the cheese has melted
- 9 Take the pan off the heat and serve

& enjoy!

“Simple but
incredibly delicious”

Three Ingredient Fruit Cake

Tip

Goes great with a
dollop of whipped
cream or ice cream



2 hours 30 minutes

Ingredients

- 1kg** Packet Mixed Dried Fruit
- 600ml** Iced Coffee, Iced Tea or Orange Juice
- 2 Cups** Self Raising Flour

Directions

- 1** Combine dried fruit in a large bowl with the liquid of your choice, stir contents and put in the fridge overnight
- 2** Remove the bowl from the fridge and let stand for 30 minutes to come to room temperature
- 3** Preheat the oven to 180°C (160°C fan-forced)
- 4** Grease a 22cm round cake tin and line with baking paper
- 5** Stir the flour into the fruit mixture until it is all combined and pour into the cake tin and smooth surface
- 6** Bake for 1 hour 30 minutes or until a skewer inserted into the centre comes out clean
- 7** Leave cake to cool for 30 minutes before transferring to wire rack

& enjoy!

“This is a quick snack to make and will be a family favourite”

No Bake Milo Balls

Tip

Try coating in crushed nuts for some added crunch



30 minutes

Ingredients

- 250g** Marie Biscuits
- 395g** Sweetened condensed milk
- 1 cup** Desiccated coconut
- ¼ cup** Milo
- ¼ cup** Desiccated coconut (to coat)

Directions

- 1** Crush the biscuits. You can use a food processor or simply crush them with a cup
- 2** Place the crushed biscuits, condensed milk, coconut and Milo powder into a large bowl and stir with a spoon until all are combined
- 3** Use a teaspoon measure to measure out the balls, rolling them between the palms of your hands to create smooth balls
- 4** Coat each ball in the extra coconut and transfer to a platter
- 5** The balls can be eaten as is or stored in airtight container in the fridge for up to five days or even frozen

& enjoy!

"A straightforward cake all of us can make and enjoy"

Helen's Carrot Cake



1 hour

Ingredients

- 1 Cup Brown Sugar
- 1 Cup Vegetable Oil
- 3 eggs
- 2 Cups Self Raising Flour
- 2 Cups Grated carrot
- 1 Tsp Cinnamon
- 1 Tsp Nutmeg
- ½ Tsp Bi Carb Soda
- ½ Cup Chopped walnuts

Tip

Drizzle with maple syrup or add a cream cheese frosting for a truly decadent finish

Directions

- 1 Place all ingredients in a mixing bowl
- 2 Combine all ingredients. This can be done using a wooden spoon or a mixer
- 3 Place in loaf tray
- 4 Preheat oven to 180°C (160°C Fan-Forced)
- 5 Bake for 1 hour
- 6 Remove from oven, cool and it is ready to eat

& enjoy!

Gardening in the tropics

With Rob Pyne

Tip

Save seeds. If you have seeds, you are always ready to plant. You just have to work out which seeds to plant and when.

The basics of gardening are the same wherever you live. You need soil, water, fertiliser and time to care for your garden (e.g. weeding etc). However, people from other climates move to the tropics and battle against the conditions. They want to grow all the food they are familiar with. It is better to grow fruit and vegetables that thrive naturally in the tropics. There are a variety of tropical fruits and vegetables to choose from.

What are the seasons in the tropics?

Most gardeners think of the four seasons of winter, spring, summer and autumn. However, in the tropics gardeners tend to operate on the basis of just two seasons, the wet season and the dry season.

Tropical Fruit

You can grow many fruits in the tropics. These tropical fruits include paw paw, custard apple, passion fruit, dragon fruit, guava, black sapote, kumquat, rambutan watermelon and Jaboticaba. Consequently, you will come to love the many fruits that thrive in our warm and humid conditions.

Tropical Veg

Tropical vegetables are not always well known to European gardeners. However, if you live in the tropics you need to grow food that thrives. As a result, tropical vegetables fit the bill.

It is easy to grow tropical vegetables, including sweet potato and cucumber. Tropical gardening allows for Asian Greens like pak choi and tatsoi. Pumpkin and watermelons are also easily grown. However, many vegetables can only be grown in the tropical winter. This is due to the intense nature of summer in the tropics.

Some tropical vegetables we have grown easily here are:

- 1 Chard
- 2 Cucumber
- 3 Eggplant
- 4 Kangkong
- 5 Pak Choi
- 6 Snake Beans
- 7 Sweet Potatoes
- 8 Tatsoi



When to plant tropical vegetables

When to grow in the tropics depends on the vegetable. Many vegetables grow during the cooler dry season, but your options are more limited during the hot, humid, wet season. However, there are some tropical vegetables like the sweet potato that grow like a weed at any time of year.

Plant the right seeds at the right time:

- | | |
|------------------|-------------------|
| 1 Chard | Dry Season |
| 2 Cucumber | Mar to Nov |
| 3 Eggplant | All Year |
| 4 Kangkong | All Year |
| 5 Pak Choi | Dry Season |
| 6 Snake Beans | All Year |
| 7 Sweet Potatoes | All Year |
| 8 Tatso | Dry Season |

Use the above as a guide only.



Traditional European Veg

In addition to tropical vegetables, many traditional vegetables can also be grown easily. We love pumpkin growing as well as celery, eggplant and zucchini.

Our top 5 European vegetables we have grown here are:

- 1 Capsicum
- 2 Celery
- 3 Pumpkin
- 4 Tomato
- 5 Zucchini

Tip

Many European vegetables struggle in the tropics. We suggest planting in the **Dry Season** to give you the best chance of success.



Tropical Herbs (that can handle the heat)

We have also looked at herbs that can make it through a hot steamy tropical summer.

Many herbs struggle to make it through a hot steamy tropical summer. Below we have listed some of the wonderful herbs that will not just survive, but thrive in the tropics.

- 1 Garlic Chives
- 2 Basil
- 3 Cilantro (Coriander)
- 4 Stevia (a natural sweetener)
- 5 Thai Chili (Bird's eye chili)
- 6 Vietnamese Mint (Laksa Leaf)

Growing Herbs in the Tropics

Care for your herbs will vary a little from the wet season to the dry season. In the dry season you need to water once a day and we use mulch so as much of that water as possible is retained and does not evaporate.

During the wet season you should ensure herbs that do not tolerate constant soggy soil have a chance to drain.

Tip

Dry Stevia leaves until crisp, then crush them by hand or powder them with a food processor for a natural calorie-free sweetener.

FAQ

In the tropics should I grow herbs in containers?

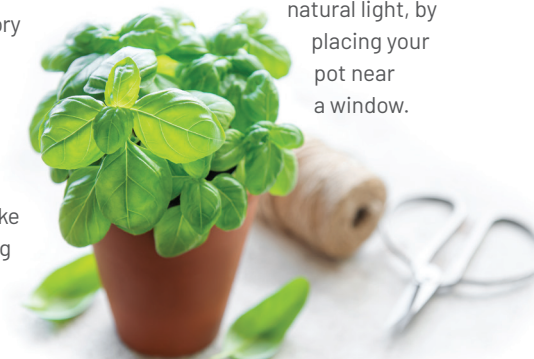
As a rule yes. The tropical downpours of the wet season are not agreeable with many herbs. Use good soil with organic matter to retain the moisture, but grow in a container or raised bed that will drain well.

Can I grow herbs indoors?

Yes. You can grow herbs inside using natural light, by placing your pot near a window.

The above herbs are our favourites to grow. However, there are many other herbs that also thrive in the tropics. Indeed, these include comfrey, lemongrass, mint, ginger and nutmeg.

Some of these are cloaked in history and have been used for medicinal purposes. For example, ginger is believed to have been used by Indians and Chinese people as a tonic root for over 5000 years to treat various ailments. However, like most folks, we use it as a flavouring agent in our cooking.



Thank you

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